

# PHOTO REJUVENATION (IPL)

## PRE & POST PROCEDURE

 SKINCEUTICALS  
ADVANCED CLINICAL SPA

BY  MT. PLEASANT  
DERMATOLOGY

## PRE-TREATMENT

- Avoid sun exposure, tanning beds and sunless tanning cream for 2-4 weeks prior to treatment.
- Avoid aspirin and Ibuprofen for one week prior to your treatment. Inform the doctor if you have taken oral Isotretinoin in the last 6 months, are taking blood thinners or regularly take aspirin or ibuprofen.
- Avoid alcohol for 2 days prior to treatment.
- Do NOT apply any Tretinoin, Retin-A, Tazorac, Adalepene, Retinol, Differin, and/or Glycolic acid for 5-7 days prior to treatment area.

## POST-TREATMENT

- Apply a cool compress or ice pack to the skin immediately after the area is treated to minimize edema and provide comfort.
- Mild heat-like sensation and Mild swelling and/or redness may be anticipated after the treatment.
- Do NOT use exfoliates, scrubs or loofa sponges, and avoid aggressive scrubbing, until the treatment area has healed.
- Do NOT rub or scratch the treated area. If crusting/scabbing/blistering occurs, do NOT pick area. Apply Aquaphor ointment to the area twice a day until healed.
- Avoid the application of cosmetics on or near treated areas for 3-5 days.
- Avoid hot tubs and Jacuzzis for 24 hours after treatment.
- Avoid activities that cause excessive perspiration for 24 hours after treatment.
- Avoid sun exposure between treatments. Apply a 30+ sunscreen with at least 5% zinc oxide daily to sun exposed sin between treatments and 4-6 weeks after treatment.